



Online Support

What you want. When you want it.

Access your GuidanceResources services anytime, anywhere from your computer, tablet or smartphone. Our award-winning portal, GuidanceResources® Online, is your go-to site for expert information and tools on the issues that matter most to you: relationships, work, school, parenting, wellness, legal, financial, free time and much more. With 24/7 access, you can get the info you need when and where you need it.

Go online for:

- Articles, podcasts, videos, slideshows
- On-demand trainings, online communities and chat
- “Ask a GuidanceConsultantSM” personal responses to your questions

Check it out!

Go to guidanceresources.com

- Click Register
- Enter Web ID: **SOKEAP**
- Create a username and password

Download the app

- Search GuidanceResources (one word)
- Install GuidanceResources® Now
- Tap Member Resources and enter your user name and password

Here when you need us.

Call: 888.275.1205, Option 1

TDD: 800.697.0353

Online: guidanceresources.com

App: GuidanceResources® Now

Web ID: **SOKEAP**

Contact us anytime for confidential assistance.